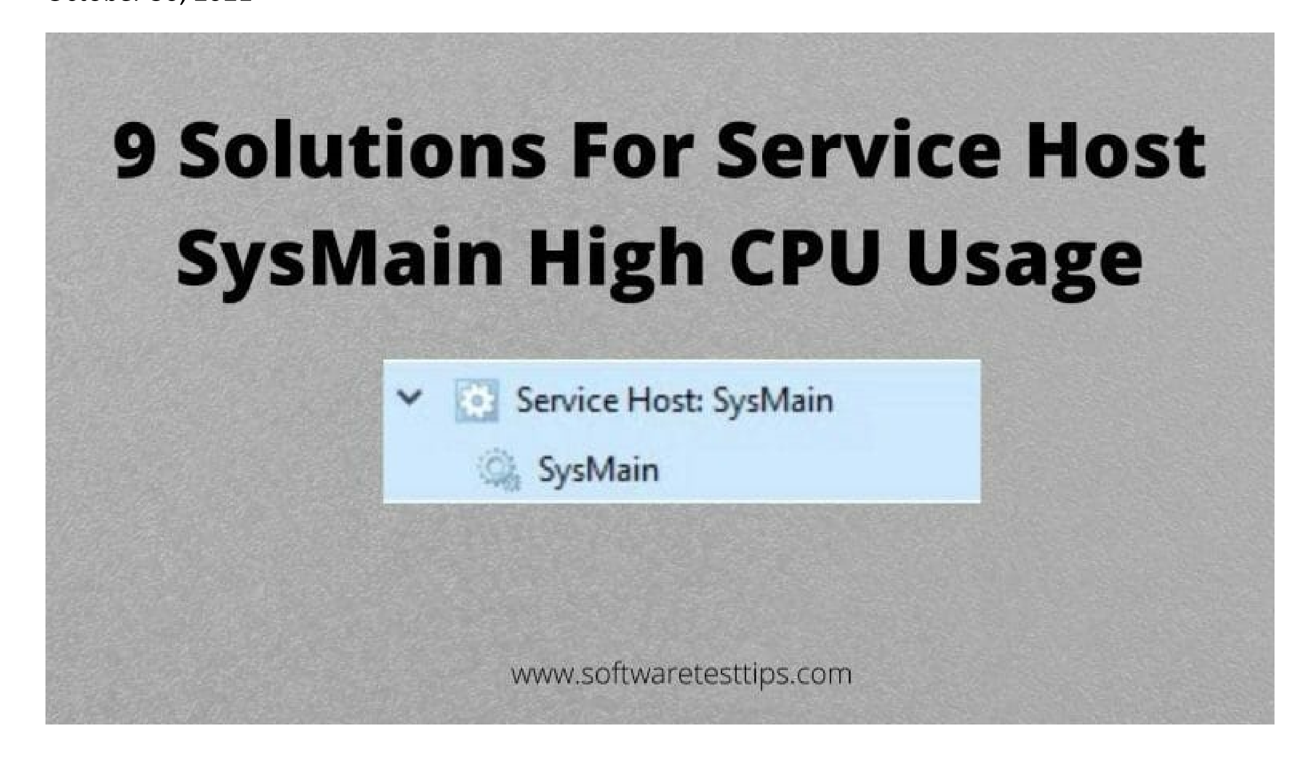
9 Solutions For Service Host SysMain High CPU Usage

October 30, 2021



Many customers have observed that the SysMain process consumes many CPUs. The SysMain service helps determine how you utilize your hard disk. It isn't necessary for your computer.

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What Is ServiceHost SysMain?



Service Host SysMain is a legitimate service. You may have come across an older version of Windows. Its purpose is to analyze "system processes" usage and performance. It also optimizes its time for apps to open and close. It is always working in the background and is switched on by default. Its job is to keep the "system performance" smooth and improve it over time.

Methods To Fix Service Host: Sysmain High Disk Usage

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1. Restart the Computer

Any Windows services or functions can stop working. You should restart your computer to begin troubleshooting. It will clear all cached files and settings. It allows all Windows components to start fresh. It can often fix various problems, including the 'Service Host SysMain' High CPU Usage.

2. Use The SFC Scan

The SFC command will scan all of your computer's system files. It seeks to repair and recover system files that have been lost. It will resolve any SysMain Service errors that are causing excessive disk space use.

- Open Command Prompt by holding the Windows button and type cmd (Admin).
- Type the following command "**sfc /scannow**" into the Command Prompt window and hit Enter.

Administrator: Command Prompt - sfc /scannow

```
Microsoft Windows [Version 10.0.19043.1165]
(c) Microsoft Corporation. All rights reserved.

C:\Windows\system32>sfc /scannow

Beginning system scan.  This process will take some time.

Beginning verification phase of system scan.
Verification 1% complete.
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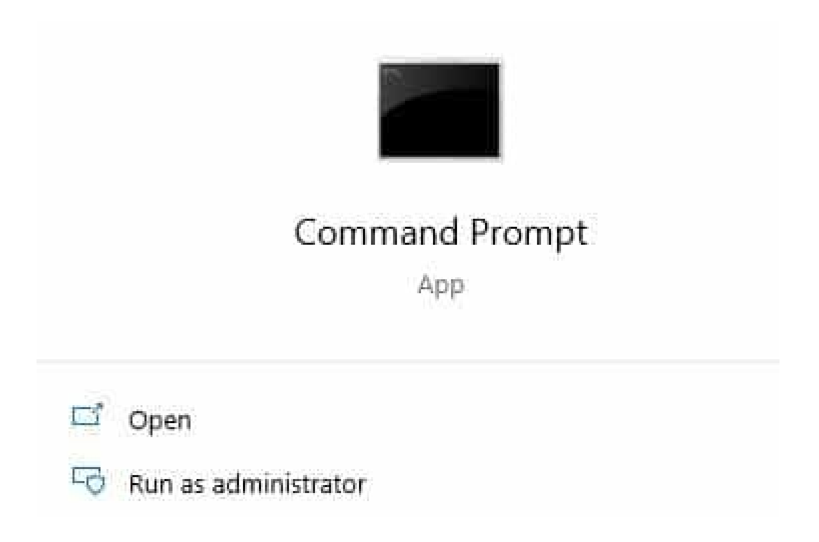
- A system notification will appear once the scan is completed. The list below will help you understand what it means.
- **Windows Resource did not detect any integrity breaches.**
  - It means there are no corrupted or missing files in your operating system.
- **Windows Resource Protection could not complete the inquired operation.**
  - During the scan, the repair tool discovered an issue, necessitating an offline scan.
- **Windows Resource Protection obtained corrupt files and successfully repaired them.**
  - When the SFC scan was able to correct the problem it found, this notice will show.
- **Windows Resource Protection got corrupt files but was inadequate to fix some of them.**
  - If this issue occurs, you'll have to fix the corrupted files manually.

See also 10 Fixes For Werfault.exe Error in Windows

3. Disable Sysmain Using Command Prompt

The Command Prompt technique is a little easier because all you have to do is copy-paste a command. It can be used to solve high disk usage by sys main.

- In the Windows Search bar, type "command prompt."
- Select Run as an administrator in the right-pane corresponding to Command Prompt.

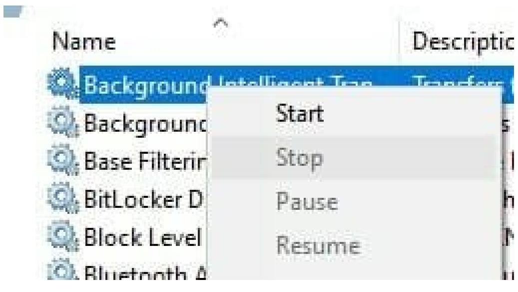


- Then, in the command prompt (admin) window, type and hit Enter the following command:
    - ***sc stop "SysMain" & sc config "SysMain" start=disabled***
- Consider the work completed once you receive the SUCCESS notification.
- Your computer should be restarted.

4. Disable Backup Intelligent Transfer Service

Programmers and system administrators utilize the Intelligent Transfer Service (BITS). It helps to download and upload HTTP web servers and SMB file shares.

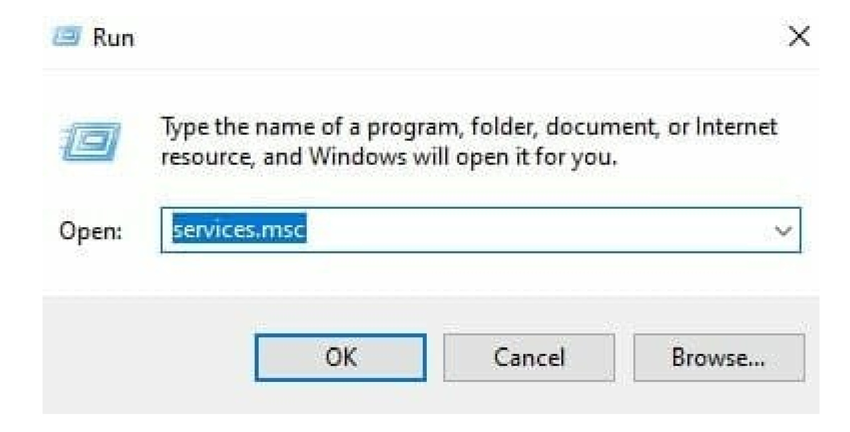
- By hitting CTRL+ALT+DELETE and then selecting task manager, you can access the task manager.
- Pick the Services tab, and then Open the Services from the menu.
- Find "Background Intelligent Transfer Service" in the Background.
- Stop it by right-clicking on it.



5. Disable Service Host: Sysmain Service Through Service Manager

Disabling the SysMain process is another technique to stop the SysMain-related process entirely. In Windows, it may result in high CPU usage. Also, high disk usage and memory usage.

- To open the Run window, press Win+R on your keyboard. Then type "**services.msc**" at the command prompt.



- Open the Service Manager window, press Enter. Scroll to the SysMain service at the bottom of the page.
- Change the Startup Type to Disabled by right-clicking on the SysMain service and selecting Properties.
- After that, click Apply and then OK.

See also 12 Fixes For Windows 10 Update Stuck on Checking for Updates Issue

6. Disable Automatic Updates

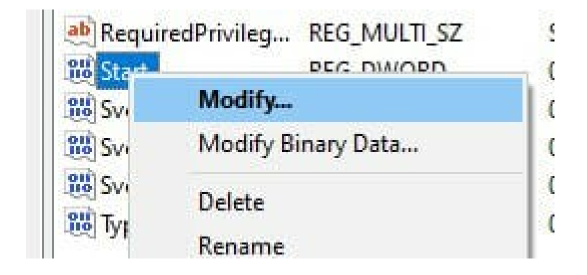
It can be used to solve high CPU usage by sys main. Follow the steps and check if the "service host sysmain" problem is resolved.

- To open the run command, hold the Windows button + R.
- In the Run window, type **services.msc**.
- Select properties from the right-click menu on Windows Update.
- Select Disabled from the Startup type drop-down menu.
- Restart your computer after clicking OK.

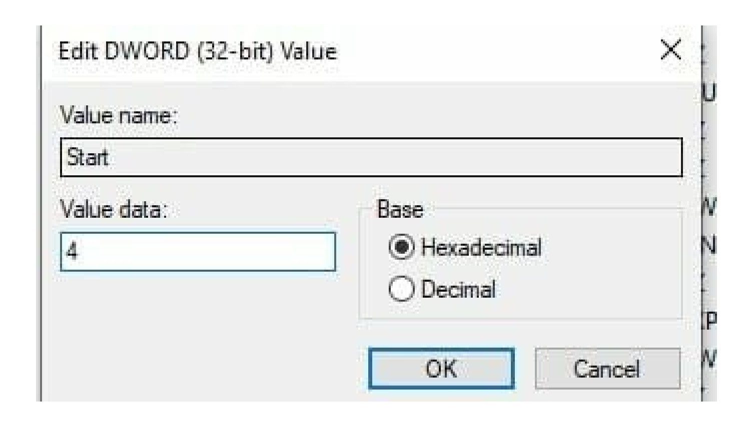
7. Use Registry Editor To Disable Sysmain

To enter the Run dialogue box, press the Windows + R keys at the same time. Then, to open the Registry Editor, type regedit into it.

- Go down the following path:
  - **HKEY LOCAL MACHINE\SYSTEM\CurrentControlSet\Services\SysMain.**
- Right-click Start in the right panel and choose Modify.



- Click OK after entering 4 in the Value data box.



- Restart your machine. Then you've successfully disabled Service Host SysMain.

8. Check Your Hard Drive

Consider updating your Windows computer's mechanical hard disk to a solid-state drive (SSD). It makes a big difference to have your Windows installation and other frequently used apps on an SSD. Most current laptops have an M.2 slot for installing NVMe SSDs. You can put the SSD on your old laptop using a separate caddy.

When vital system operations run in the background, the issue of high disk use develops. So, having an SSD will lower the odds of experiencing a high disk utilization problem.

9. Scan For Malware And Virus

The most typical symptom of your Windows 10 machine having a virus or malware is the high CPU utilization. As a result, your SysMain service may experience issues and malfunction.

- Search for Windows Defender by pressing Windows key + S.
- Open the Windows Defender program.
- Select fully from the scan options and click scan now.
- Wait for the scan to complete before rebooting your computer.
- By hitting Ctrl+ALT+DELETE on your keyboard, you may access Task Manager.
- Check your system's CPU utilization to check if the problem has been rectified.

See also 8 Fixes For Facebook Gameroom Not Working In Windows

Conclusion

The SysMain process is in charge of gathering various system utilization metrics. This article demonstrated reliable solutions for disabling the Service Host SysMain.

FAQs

What Causes High CPU And Memory Usage?

A higher number indicates that the system is busy or overloaded. Too many resource-intensive apps frequently cause high physical memory utilization. Still, it can also be a defect in a process that should be less resource-intensive.

Why Is Service Host Sysmain Taking So Much?

SysMain Service Host is a system process bundle that includes numerous processes. This collection of processes is designed to optimize and speed up the startup of programs. It may also have the opposite effect. It may generate excessive disk and CPU utilization.

Is It Ok To Disable The Service Host Sysmain?

For Windows to start a program, it must first copy the executable into memory. Even if you close the application, it remains in RAM. Windows will not have to load anything from the disk if you rerun the software. Everything will be stored in RAM.

What Happens If I End Service Host Sysmain?

The SysMain service has been disabled and will no longer start when the computer boots up. Now that you’ve disabled SysMain in Windows 10, you shouldn’t see any performance concerns.